

① Ham 1st February 2024  
Yamul kham

- Bismillahirrahmanarrahman
- In The Name of Allah,  
The Entirely Merciful,  
The Especially Merciful

### Text Mats

1. Over the last 2 days,  
I've been feeling quite  
well.
2. Alhamdulillah, I can't  
complain
3. I managed to clean my  
house, and I walked around  
outside
4. On 50mg of paliperidone